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Event Program

Masterclass

Making Trigger Points Visible

Ultrasound Elastography in Musculoskeletal Pain for Diagnosis and Therapy

CME-certified hands-on workshop

Date	July 4, 2026, 12:00 - 19:15 July 5, 2026, 10:00 - 16:15
Venue	Technical University of Munich Prevention Center Am Olympiacampus 12 80809 Munich, Germany
Scientific Director	Prof. Dr. med. Wolfgang Bauermeister
Organization	Under the scientific and professional responsibility of the organizer
Participation fee	EUR 800.00 including certificate of attendance and workshop materials
Number of participants	Limited number of participants to ensure intensive practical supervision

CME Certification

The event has been recognized by the Bavarian Medical Association (Bayerische Landesärztekammer, BLÄK) as a continuing medical education event in accordance with the currently applicable continuing education regulations.

Upon full participation, **16 CME credits, Category C** will be awarded.

The certificate of attendance and electronic credit reporting will be issued in accordance with the requirements of the BLÄK.

Main Focus

Chronic musculoskeletal pain often arises in areas where conventional imaging reaches its limits. Very often, the cause lies in muscular and fascial trigger points - functional disorders that are usually not visible on conventional imaging.

Modern ultrasound elastography allows local tissue stiffness and trigger point regions to be objectively visualized and quantified. This opens up new diagnostic and therapeutic strategies for patients with treatment-resistant musculoskeletal complaints.

Schedule

Day 1 - Saturday, July 4, 2026

Time	Program item	Format
12:00 - 13:30	Introduction and pathophysiology of trigger points and fascia	Lecture
13:30 - 13:45	Break	Break
13:45 - 15:15	Fundamentals of ultrasound elastography (strain and SWE)	Lecture / discussion
15:15 - 16:00	Break (45 minutes)	Break
16:00 - 17:30	Elastographic interpretation of findings and clinical correlation	Interactive
17:30 - 17:45	Break	Break
17:45 - 19:15	Demonstration and practical exercises	Hands-on

Day 2 - Sunday, July 5, 2026

Time	Program item	Format
10:00 - 11:30	Advanced elastography and clinical application	Lecture / discussion
11:30 - 11:45	Break	Break
11:45 - 13:15	Hands-on training in small groups	Hands-on
13:15 - 14:00	Break (45 minutes)	Break
14:00 - 15:00	Case-based application and therapeutic strategies	Interactive
15:00 - 15:30	Learning assessment	Evaluation
15:30 - 15:45	Break	Break
15:45 - 16:15	Summary and discussion	Discussion

Learning Objectives

- Visualize and quantify trigger points and local tissue stiffness using ultrasound elastography.
- Clinically interpret elastographic findings and correlate them with pain localization and functional findings.
- Identify regions of maximum stiffness and derive structured therapeutic decisions from these findings.
- Classify manual techniques, shock wave therapy, and repetitive peripheral magnetic stimulation (rPMS) as targeted therapeutic options.
- Monitor and document treatment effects over time using ultrasound elastography.

Teaching Concept

- Live demonstrations and practical exercises
- Hands-on training in small groups
- Interactive case discussions and clinical decision-making
- Structured learning assessment

Target Group

- Physicians from orthopedics, pain medicine, sports medicine, rehabilitation, and general medicine
- Physiotherapists with a focus on musculoskeletal pain therapy
- Users who wish to diagnose and treat musculoskeletal pain more precisely

Registration and Contact

Participation fee: EUR 800.00 including certificate of attendance and workshop materials. The number of participants is limited.

For registration contact me directly:

w.bauermeister@tum.de

Prof. Dr. med. Wolfgang Bauermeister
Scientific Director and Course Instructor

Organizer: Prof. Dr. med. Wolfgang Bauermeister. The event is conducted under his own scientific and professional responsibility. The Technical University of Munich provides the premises and is not the organizer of the continuing education event.

Appendix

Directions to the Prevention Center

Venue

Technical University of Munich
Prevention Center
Am Olympiacampus 12
80809 Munich
Germany

Arrival by public transport

Arrival by public transport is recommended. The TUM Campus in the Olympiapark area is well connected to Munich's public transport network. Depending on your route, nearby stops in the areas of Olympiapark, Olympiazentrum, or Oberwiesenfeld can be used.

Please check your individual connection before arrival using the MVV timetable information:

<https://www.mvv-muenchen.de>

Arrival by car

When arriving by car, please enter the following address into your navigation system:

Zentraler Hochschulsport
Am Olympiacampus 11
80809 Munich
Germany

From there, the Prevention Center at Am Olympiacampus 12 is within walking distance. Please note that parking may be limited depending on events taking place in the Olympiapark area. Early arrival is recommended.

Note

Please allow sufficient time for orientation on campus. The exact route within the campus area may vary depending on the entrance used and current signage.

Hotels Near the Venue

For participants visiting the Prevention Center at the Olympiacampus, several hotels are available in the immediate vicinity or with good access to the campus. The following hotel list is intended as non-binding guidance for participants. Please make bookings independently and check availability, daily rates, and cancellation conditions directly with the respective provider.

Hotel	Location / Access	Website / Note
H2 Hotel München Olympiapark	Very modern, located directly at Oberwiesenfeld underground station and only about 1.5 km from the Prevention Center.	Booking information and prices are available directly on the hotel's website. https://www.h-hotels.com/de/h2/hotels/h2-hotel-muenchen-olympiapark

Arthotel ANA im Olympiapark	Located directly in the Olympic Village. Very short distance to the campus and the Olympiapark.	Further details and prices are available on the hotel's website. https://ana-olympiapark.com
Leonardo Royal Hotel Munich	Higher comfort category, located only about 100 meters from Oberwiesenfeld underground station.	Information and availability are available on the hotel's website. https://www.leonardo-hotels.com/munich/leonardo-royal-hotel-munich
B&B HOTEL München-Olympiapark	Affordable and solid option slightly further north, with good access to the Olympiapark.	Booking and further information are available directly from the provider. https://www.hotel-bb.com/de/hotel/muenchen-olympiapark

Note: The listing of hotels does not constitute a recommendation or referral. Availability, prices, breakfast, parking options, and cancellation conditions may change and should be checked directly with the hotel or via a booking platform before booking.